Psychological Coping During Disease Outbreak -

Elderly and People with Chronic Conditions

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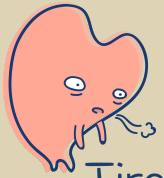
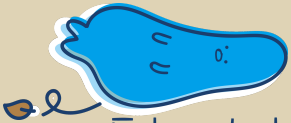
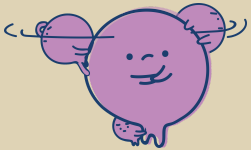
The psychological impacts in face of public health crisis



Tired

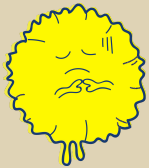


Exhausted



Oversensitive

Furious



Worried

Angry

Panic

Recurrent thoughts

Confused

How do you feel lately?

Sad

Surreal

Shocked

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Difficulties faced by elderly and people with chronic conditions (inc. physical and mental)

Elderly, particularly those who live alone and/or with chronic conditions, may be greatly affected by the need to minimize human connection during disease outbreak as this may increase their sense of loneliness and isolation

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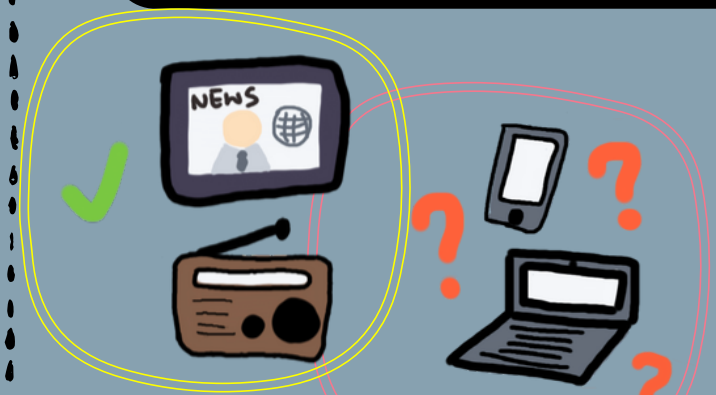

Some elderly may receive information mainly through traditional means e.g. television and radio, and may miss important messages which could have helped them cope with the situation better and lowered their anxiety

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Difficulties faced by elderly and people with chronic conditions (inc. physical and mental)

Those with chronic conditions including medical diseases, physical and mental disabilities, psychiatric conditions may be neglected or affected unintentionally due to changes in the capacity and priority in the medical response system

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Tips for elderly and people with chronic conditions:

Maintain connection with family, friends, community, via different means. For example, if face-to-face meeting is impossible, one could still call on phone or text

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Tips for elderly and people with chronic conditions:

Obtain updated and fact-checked information and news through various means

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Tips for elderly and people with chronic conditions:

Try asking opinion of different people before following the advice or behaviors of others

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Tips for caregivers:

Assist them to obtain updated and fact-checked information and news such as sharing the information you know and providing them with or teaching them how and where to get the accurate information

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Tips for caregivers:

Assist and ensure the continuation of medical care and treatment such as ensuring adequate medications are available at home, teaching them how and where to seek help if emergency arises, etc.

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Tips for caregivers:

Be sensitive to one's needs and changes. For example, some people may show their feelings such as anxiety through physical symptoms, some may become more irritable. Identify and address the distress and needs early and in a caring way.

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